

# Fun Activities

- Reading
- Going to a concert
- Wearing something that feels good
- Laughing
- Being in the country
- Playing sport
- Going for a walk
- Having a facial, make-up, etc
- Having a massage
- Spending time with family
- Making presents for friends
- Doing a craft
- Singing
- Taking a bath
- Spending time with friends
- Playing music
- Having a rest during the day
- A trip to a theme park or zoo
- Doing your hair or having a hair cut
- Learning a language
- Watching people
- Window shopping
- Solving a crossword puzzle, etc
- Completing a task you have been meaning to do
- Playing cards
- Planning something good for the future
- Going camping or bushwalking
- Shopping
- Taking an enjoyable course
- Rearranging your room or redecorating your home
- Gardening
- Sitting in the sun
- Just sitting and thinking
- Going to the park or garden
- Inviting friends over
- Giving gifts
- Buying/preparing food you like
- Going to a museum, art gallery, etc.
- Having the children minded to have some time to yourself
- Ringing/writing to a friend
- Going to the movies
- Sleeping in late
- Walking along a beach
- Asking for a hug
- Walking the dog
- Swimming
- Going to a restaurant
- Walking barefoot
- Going to a library
- Watching television
- Taking a holiday
- Staying at home
- Talking about things you're interested in
- Doing art (painting, sculpture, etc)
- Rock climbing or mountaineering
- Reading religious works
- Journaling
- Going to a sports event
- Going to lecturers on something you're interested in
- Thinking up or arranging songs or music
- Contributing time or money to a cause you believe in
- Working on your car or bike
- Thinking about something good in the future
- Having lunch with friends or acquaintances
- Doing woodwork or carpentry
- Writing stories, poetry, plays or novels
- Having a frank and honest conversation
- Going to a party
- Going to church functions
- Playing a musical instrument alone or in a group
- Taking a nap
- Going to the city centre
- Playing pool or snooker
- Playing chess or boardgames
- Visiting people who are sick or in need of some support
- Cheering for a favourite team or player
- Bowling
- Watching wild animals
- Trying out a new hobby
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# Activity Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Waking							
<b>Breakfast</b>							
Morning							
<b>Lunch</b>							
Afternoon							
<b>Dinner</b>							
Evening							
Going to sleep							